



Dedham
Recreation
Wrestling
Grades 1 - 4

Monday nights
6:00pm to 7:30pm
In the Noble & Greenough
Wrestling Room



DEDHAM RECREATION DEPARTMENT WRESTLING

Sign ups for the Dedham Recreation Wrestling program have started. Applications can be picked up in the Dolan Recreation Center or online at <http://www.dedham-ma.gov/index.cfm?pid=12377>.

Class sizes will be limited this year, so sign up early. If you have any questions, call 781-751-9250.

Philosophy:

To teach the sport of wrestling and develop good sportsmanship for students grades 1 through 8.

To provide participants an opportunity for success and equal competition with in their own skill levels.

To have fun learning a new sport and build a lasting favorable impression.

Goals:

To provide a formal introduction to the sport of wrestling.

To teach the basic rules and the fundamentals of wrestling.

Teach sportsmanship whether winning or losing.

Have fun learning a new sport.

Grades 5-8

Practices: Will be at the Dolan Recreation Center, 269 Common St, Dedham

Starting: December 4th till March 13th, excluding school holidays.

Time: 6pm to 7:30pm, Tuesday & Thursday Nights.

Grades 1-4

Practices: Will be at the Noble & Greenough wrestling room, 10 Campus, Dedham

Starting: Monday, January 4th till Monday, March 15th excluding school holidays.

Time: 6:00pm to 7:30pm, Monday Nights

Practice gear:

Sweatpants, T-shirt, Sneakers or Wrestling shoes and a Wrestling helmet.

(Helmets are required)

Wrestling helmets can be purchased at:

Dicks Sports, Bos-Prov Hwy (Route 1), Dedham, MA

Coaches and Instructors:

Jim Maher Gr 1-4 781-326-4121

Frank Fitzgerald Gr 1-8 781-858-3974

Jason Maher Gr 1-8 781-858-1937

Mike Maher Gr 1-8 781-760-4600

Steve Toubman Gr 1-4

DEDHAM RECREATION DEPARTMENT WRESTLING
PRACTICE STARTS AT 6PM

Week 1

- 1) INTRODUCTION TO WRESTLING, RULES AND GENERAL INFORMATION**
- 2) STARTING POSITIONS(NEUTRAL, TOP & BOTTOM)**
- 3) NEUTRAL STANCES (SQUARE & SUGARFOOT)**
- 4) MOTION & LEVEL CHANGE**
- 5) PENETRATE & WRAP**
- 6) SHOW TAKEDOWNS-(DOUBLE & SINGLE)**

Week 2

- 1) STRETCHING-PUSH & SIT UPS, JUMPING JACKS**
- 2) REVIEW STANCE, MOTION, LEVEL CHANGE & PENETRATE**
- 3) DOUBLE LEGS (DRIVE)**
- 4) SPRAWL & SPIN BEHIND**
- 5) TAKEDOWN GROUPS (USE DOUBLES & SPRAWLS ONLY)**
- 6) GAME**

Week 3—HOLIDAY-MARTIN LUTHER KING DAY

Week 4

- 1) STRETCHING-PUSH & SIT UPS, JUMPING JACKS**
- 2) RECAP DOUBLELEGS & SPRAWLING**
- 3) TAKEDOWN SETUPS (head & shoulder tap, snap down)**
- 4) SINGLE LEG (LOW)**
- 5) TAKEDOWN GROUPS**
- 7) GAME**

Week 5

- 1) STRETCHING-PUSH & SIT UPS, JUMPING JACKS**
- 2) RECAP TAKEDOWNS & SPRAWLING**
- 3) TAKEDOWN SETUPS**
- 4) BULLDOG (KNEES & FEET)**
- 5) TAKEDOWN GROUPS**
- 8) WRESTLING GAME IF GOOD**

Week 6

- 6) STRETCHING-PUSH & SIT UPS, JUMPING JACKS**
- 7) RECAP SPRAWLING & BULLDOG**
- 8) HEAD & ARM (KNEES & FEET)**
- 9) TAKEDOWN GROUPS**
- 9) GAME**

**DEDHAM RECREATION DEPARTMENT
WINTER WRESTLING PROGRAM**

NAME _____ **AGE** _____ **DOB** _____

ADDRESS _____ **CITY** _____ **ZIP** _____

PARENT/GUARDIAN NAME _____ **TEL #** _____

HAVE YOU EVER PARTICIPATED IN THE RECREATION WRESTLING PROGRAM? YES
___ NO ___

PLEASE CIRCLE DESIRED PROGRAM.....

GRADES 5-8

DOLAN RECREATION CENTER 269 COMMON STREET

TUESDAY & THURSDAYS.....6:00-7:30PM

STARTING WEEK OF NOVEMBER 29TH THRU MARCH 18, 2011

FEE....DEDHAM RESIDENTS \$75.00

REGISTRATION BEGINS MONDAY, OCTOBER 4, 2010

NON-RESIDENTS.....\$90.00

REGISTRATION BEGINS TUESDAY, OCTOBER 12, 2010

GRADES 1-4

NOBLE & GREENOUGH'S WRESTLING ROOM

MONDAYS.....6:00- 7:30PM

STARTING WEEK OF JANUARY 3, 2011 THRU MARCH 18, 2011

FEE....DEDHAM RESIDENTS....\$40.00

REGISTRATION BEGINS MONDAY, OCTOBER 4, 2010

NON RESIDENTS....\$50.00

REGISTRATION BEGINS TUESDAY, OCTOBER 12, 2010

**BY MY SIGNATURE, I HEREBY RELEASE THE TOWN OF DEDHAM, PARKS &
RECREATION DEPARTMENT FROM ANY LIABILITY REGARDING INJURY WHILE
PARTICIPATING IN THIS PROGRAM...**

PARENT/GUARDIANS SIGNATURE _____

DATE _____